



CITY OF BRYAN
Healthy Lifestyles

SPECIAL POINTS OF INTEREST:

- Two seminars planned for April!
- Employee Health Center Reminders

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WORKSITE WELLNESS NEWS

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Distracted Driving Seminar Planned

Did you know?

- Reaction time is delayed for a driver talking on a cell phone as much as it is for a driver who is legally drunk?
- More texting leads to more crashes. With each additional 1 million text messages, fatalities from distracted driving rose more than 75%.
- Studies show that drivers who send or receive text messages focus their attention away from the road for an average of 4.6 seconds. At 55 mph, this is equivalent to driving the length of football field blindfolded!



Source: OSHA

Please Join us for an **IMPORTANT**
Seminar presented by the Texas
Department of Transportation
Tuesday, April 16th

Noon-1pm in the MOB Basement

* a light lunch will be provided to those who

RSVP by Thursday, April 11th to

lward@bryantx.gov

City of Bryan Employee Health Center Reminders:

- The Employee Health Center is able to handle your child's school sports physical. Please take all necessary paperwork to the appointment. Call 979-821-7690 to schedule.
- Walk-ins are accepted Monday-Friday from 8-9:30am for acute illnesses only (e.g. sore throat, ear infection). If you would like to be seen for a chronic illness, prescription refills, physical, etc., please call ahead to schedule an appointment.
- Please arrive five minutes early to your scheduled appointment to allow time for check-in and to complete any necessary paperwork. If you are going to be late, please call and let the staff know. If you are more than 15 minutes late, and depending on the daily schedule, you may be asked to reschedule your appointment.
- Always take your insurance card with you to each appointment.

Easy, Spicy Ground Turkey Tacos



Ingredients

- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon oregano
- 6 ounces extra-lean ground turkey
- 1/2 cup chopped onion
- 1/4 cup shredded sharp cheddar cheese
- 2 cups shredded lettuce
- 2 medium tomatoes, diced
- 1/2 cup salsa

Directions

In a small bowl, stir together the chili powder, cumin and oregano. In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until turkey is browned and onion is translucent. Drain well. Add the spices to the turkey mixture. Stir to evenly mix.

To serve, place 1/4 cup of the turkey mixture in each tortilla. Top each with 1 tablespoon cheese, 1/4 of the diced tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Enjoy!

Source: www.mayoclinic.com



Walk Across Texas Celebration Event!

Walk Across Texas wraps up this month here in Brazos County. Teams should be nearing the 830 mile mark or have already logged the miles from El Paso to Orange! On Saturday, April 27th we will host a Celebration Event to recognize everyone who participated in this fun, 8-week physical activity program. Participants will be able to take part in a free Zumba lesson and enjoy a walk in Downtown Bryan. Hope to see you there for the fun, awards and door prizes!

Celebration Event
Saturday, April 27th
Gloria Stephan Sale Park
10-11am

Everyone welcome.

Join us for lots of great prizes and awards for top teams, most creative team name and the dirtiest shoes contest!

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

April 29th

8am-3pm at the MSC

CPR & First Aid (renewal)

April 29th

3-5pm at the MSC



Defensive Driving

April 30th

8am-4pm at the MSC



To register contact Howard Hart at hhart@bryantx.gov or call 209-5056.

Know Your Benefits

Are you interested in learning how to become a better health care consumer?

Decisions about your health care are critical and often difficult to make. It is easier to make these choices if you are informed. Lots of changes have occurred in the health care world over the last few years and there are many more changes to come. It is a fact that many consumers do not fully understand their health benefits and are not utilizing services associated with these benefits which can often save you money and perhaps even your life! In an effort to help you fully understand your City of Bryan health benefits, inform you about other services available to you, provide tips to making the most of your doctor visit and avoiding medical errors, Risk Management Staff encourages you to attend a short seminar on the topic of health care consumerism. We want you to make informed decisions about your personal health care and the health care of your family members! This seminar was held in February and was well received therefore, we are hosting a second session.



**Please Join us for a
FREE Seminar
Tuesday, April 9th
1:30-2:30 p.m.
MOB Basement Training Room
Hosted by City of Bryan Risk
Management Department
RSVP by clicking [here](#)**

For answers to all of your benefits questions contact our Benefits Administrator, Flo Galaviz, at 209-5053 or email fgalaviz@bryantx.gov.



CITY OF BRYAN
Employee Health Center
Open Monday-Friday 8am-5pm
(closed from noon-1pm)

*last patient accepted at 11:30am and 4:30pm daily, walk-ins
accepted from 8-9:30am daily (acute illnesses only)

Remember: all clinic closings are posted at
http://www.bryantx.gov/wellness/?page_id=539

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all
employees, dependents and
retirees on the City's health insurance plan.

If you have wellness news to share with others
and would like to have it spotlighted in our next
newsletter, please feel free to submit it to:

Lesley Ward
Wellness Coordinator
(979) 209-5050

lward@bryantx.gov
www.bryantx.gov/wellness

Copies of this newsletter are available in
Risk Management.